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Meet the Residents...



EYEBRIGHT

Common Names: Eyebright; Bright-eye
Botanical Name: *Euphrasia officinalis*

During Hike the Hill, Charles Doucette, our Mi'kmaq historian contributor for the hike, informed us that this plant has been long used by the Mi'kmaq to treat eye ailments. Eyebright was also used by the Scottish Highlanders in a lotion mixed with milk and applied to the eyes with a feather. Eyebright is a quirky little herb. It does not like to grow in healthy soil but rather prefers clay-like, malnourished places to thrive. For more information, click on the link below.

<https://www.herbal-supplement-resource.com/eyebright-benefits.html>

<http://www.rjwhelan.co.nz/herbs%20A-Z/eyebright.html>

Hike the Hill at Ben Eoin

Hike the Hill, a BLBRA sponsored event during Celtic Colours, was held on Thursday, October 12th at The Lakes Golf Club. In this, our first attempt at such an event, we had 47 people register and we think that these individuals left that afternoon with a clearer impression of what the Biosphere is all about. Many of our participants were from the local area or from elsewhere in the province but we had visitors from Australia, California, Ontario, Alberta, British Columbia, and New Brunswick.

We received very positive comments from the participants especially in regard to the interesting speakers on the hill which were mentioned many times by the hikers on their return to the Club House. A special thank you goes to those individuals from the community who did "hill duty" for almost three hours in a cool NW wind. So hats off to Alex MacEachern and Charles Doucette, our local historians as well as Paul Burke and Alvin LeVangie, two volunteer fire fighters from the East Bay Volunteer Fire Fighters who were out on their ATVs as safety back-up. Also, thanks to Tristan Simon and Tara Lewis for being our trail sweepers as well as our Biosphere members who generously volunteered their time to make it all possible.

The BLBRA extends our thanks to The Lakes Golf Club for their generous support and assistance with Hike the Hill especially to the Grounds Crew for bush cutting and marking the trail and to the Kitchen Staff for providing free tea, coffee and hot chocolate while the BLBRA supplied the free oat cakes much to the appreciation of the hikers. All and all it was a great afternoon in a beautiful Biosphere location. (See photos on page 4)

Are Golf Courses an Environmental Fit in Biospheres?



The last week of October saw the seasonal closure of most golf courses in Cape Breton. Here in the Biosphere we have three 18 hole golf courses (Bell Bay in Baddeck, Dundee in Dundee and The Lakes

Did you know...



The above Mi'kmaw symbol has been adopted by the BLBRA Trails committee and it represents "Two-eyed seeing" - two ways of seeing our Biosphere and the world around us (Eurocentric and Mi'kmaw). Watch for it on some Biosphere trail signage.

Mi'kmaw Calendar - The Mi'kmaw Calendar begins on the Spring Equinox, either March 20 or March 21 on the Gregorian Calendar. It follows the cycle of the 13 Moons, with each Moon having 28 days. There is a "intercalary day", an extra day that does not appear on the calendar, between Apunknajt 28 and Kjikús 1, known as the Year End Day, and is a day of rest and celebration. Every four years there is a Leap Day, which follows after Year End Day.

Wikewikús (sounds like "we go we goose") is the lunar month of fattening animals or you may know it as October.

Video

From the deep woods of Nova Scotia - to the Smithsonian archives in Washington - the long journey to protect Mi'kmaq culture for the future is covered in this Land & Sea episode. Original air date: May 5, 2013.

<https://www.youtube.com/watch?v=WU25FefT9U0>

The Audubon Cooperative Sanctuary Program for Golf is an award winning education and certification program that helps golf courses protect our environment and preserve the natural heritage of the game of golf. Audubon International has developed Standard Environmental Management Practices that are generally applicable to all golf courses. These standards form the basis for ACSP for Golf certification guidelines.

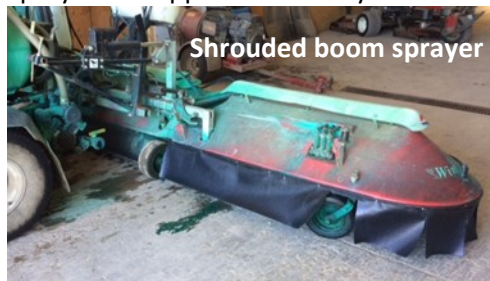
<https://auduboninternational.org/acsp/golf>

Golf Club in Ben Eoin) and a nine hole public golf course at Baddeck Forks. Whether you love the game of golf or not, you have to wonder what role that these operations play in a biosphere.

"Modern golf is a far cry from the game originally played on the undeveloped and unmanicured lands of Scotland... And like most things that are taken to their extremes, the evolution of golf courses, especially the luxury golf courses that serve as playgrounds for the global elite, has wrought a world of hurt to the communities and environments where they are located." (<https://www.treehugger.com/conservation/dangerous-game-documentary-examines-environmental-impact-luxury-golf-resorts.html>)

This sentiment may not apply to Cape Breton golf courses because they are not in that luxury class nor do they operate in semi-arid or tropical climates. Still, there are big concerns about golf courses related to water pollution caused by pesticides and fertilizers, excessive use of water, loss of natural habitat for various plant and animals. This seems like a complete anathema to what a Biosphere stands for. Biospheres are areas where conservation and sustainable economic practices go hand in hand. So, is it possible to create an environmentally friendly golf course? The Audubon Society thinks so, and in fact they have created program guidelines for the use of fertilizers, fungicides, etc., keeping all non-fairway areas natural, creating indigenous plant barriers around ponds and streams, etc. Currently, there are 87 golf courses in Canada which meet the Audubon Standard Environmental Management Practice. (For more information on the Audubon Cooperative Sanctuary program for Golf see the side panel.)

The Lakes Golf Club is a conscientious Biosphere organization. Matt Blackburn, Golf Superintendent at The Lakes Golf Club, confirmed that management practices are much improved since he started his career 18 years ago. At The Lakes, no insecticides are used. There are two broad applications of non-phosphate fertilizer applied each season. A combination fungicide, herbicide and growth regulator is applied only ? times per season while spot spraying trouble spots occurs throughout the season. Any general spraying of play areas is accomplished with shrouded booms to cut down on drift and no sprays are applied in windy conditions. Given our local weather



conditions, very little watering takes place. In addition, The Lakes also maintains all natural areas off the fairways, greens and tees with a no spray zone around streams and ponds and adjacent

fairway areas. So, golf courses can be an environmental fit in a biosphere using environmentally-friendly best practises. Breeding pairs of the American Woodcock, bald eagles and some other shore birds along with muskrats, deer, foxes, racoons, etc. in The Lakes Golf course can attest to that!

Remaining Schedule of BLBRA Meetings for 2017-2018

Location	Date
OUR NEXT MEETING IS AT...	
Boisdale	Thurs., Nov. 16
Baddeck	Thurs., Jan. 18
Potlotek	Thurs., Feb. 15
Whycocomagh	Thurs., Apr. 12
St. Peter's	Thurs., May 10
Iona (AGM)	Thurs., Jun. 21

NOTE: Meeting times are 1:30 -4:30 pm. No meetings are scheduled for December, March or July. Please join us when we meet in your community. Our meetings are open, and we'd appreciate your participation.

Consider joining the Bras d'Or Lake Biosphere Reserve Association to help connect people and nature to inspire a positive future.

Annual Membership:

Individual	\$10.00
Family	\$25.00
Business	\$30.00
Indiv. Lifetime	\$125.00

The BLBRA is a registered charity.

TAX RECEITS ARE ALSO ISSUED FOR DONATIONS.

Contact Us

website - <http://www.blbra.ca>

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Or email us at: contact@blbra.ca

Follow us on Facebook & Instagram



Or tweet us at
https://twitter.com/BL_Biosphere

A New Restaurant in the Biosphere

If you decide to take a hike around Goat Island in Eskasoni or you're just passing through the community, you will find food and drink at the new Goat Island View Café. The small family- owned café that is directly across from the entrance to the Goat Island Trail specializes in homemade food and utilizes local produce when available. They'll also provide catering services for meetings and special events. Lunch is served from Wednesday to Friday 11:00 – 2:00 pm and Brunch on Saturday & Sunday from 9:00 – 2:00 pm. Because traffic on the trail is light in January, February and March, the café is closed during those months.



Summer Student Employment Program

This past summer 2017, the Bras d'Or Lake Biosphere was very fortunate to have two very capable students, through the Canada Student Jobs Program working on various projects within the Biosphere.

Lauren Douglas was the Biosphere interpreter at the Alexander Graham Bell National Historic Site in Baddeck and reported that, *"The Biosphere display at the Bell Museum was very popular with visitors of all ages. They had many questions, and I enjoyed doing the research necessary to be able to answer them. I met people from all over the World, including those who lived in UNESCO Biosphere Reserves elsewhere."* Most people were happy with the display, and through their comments and suggestions, Lauren was able to submit ideas for improvement. The BLBRA is now working on implementing some of her suggestions.

Jessica Langille was hired to help us manage our third year of Bras d'Or Watch and she proved to be invaluable in that role. Not only did she look after much of the advertising and organizing data sheets and equipment prior to the event, she logged data returns, and catalogued and stored equipment. Jessica's skills developed by shooting and editing videos and writing media posts about her expeditions around the Bras d'Or estuary. She documented some research activities of the Bras d'Or Institute at Cape Breton University to explain them to Biosphere residents and visitors. Jessica summed up her summer job experience saying, *"I've been loving every day of this job and sad to see it coming to an end."*

Programs such as The Canada Student Jobs provide support for both students and non-profit organizations such as the BLBRA for which we are most grateful.

The BLBRA welcomes your comments or suggestions. Let us know if you do not wish to receive this newsletter. Address your comments or suggestions to: m.eileencrosby@gmail.com

Hike the Hill photos next page...



(Last two photos by Duncan Ritchie)